

Acquired Brain Injury Waiver Person-Centered Planning

Presented by:

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KY Department for Medicaid Services



What is Person Centered Planning?

Person Centered planning is a way of enabling people to think about what they want now & in the future. It is about supporting people to plan their lives, work toward their goals & get the right supports to fulfill their dreams.

The purpose of person centered planning is to enable people to live the lives they want in their communities.



A Closer Look...

Traditional forms of planning emphasize the deficits & needs of people, overwhelming them with endless program goals & objectives. It reinforces the status quo of organizations by focusing solely on accomplishments that are possible within existing programs & structures.



Listen & Learn

Person centered planning helps us focus on a person & makes room for a new way of thinking that makes us listen & learn about the abilities of individuals. After learning how a person wants to live, we can then develop an understanding of how the person's disabilities challenge that vision, & work together to identify & provide needed supports.



Person centered planning discovers & acts on what is important to a person. It makes them feel stronger & more confident.

- Person centered planning builds upon the person's circle of support & involve all the people who are important in the person's life.
- Person centered planning is built upon the values of inclusion & looks at what support a person needs to be included & involved in their community.

Five Key Features

1. Puts the person is at the center: person centered planning is rooted in the principles of rights, independence & choice.
2. Makes family & friends full partners: person centered planning puts people in context of their family & communities.
3. Person centered planning reflects upon a person capacities, what is important to a person (now & in the future) & identifies the support they require to make a valued contribution to their community.
4. Person centered planning builds a shared commitment to action that recognizes a persons rights.
5. Person centered planning leads to continual process of listening, learning & action & helps the person get what they want out of life.



Circle of Support

- If a person does not want or is not able to plan for themselves, a family member, friend or others who are important to them may plan with them, we call this their Circle of Support.
- This is what most of us do when contemplating change in our lives. We use family & friends to support us to help us think & make decisions.

A Useful Tool

The One Page Profile

It is seen as a starting point, rather than an outcome. One page profiles can be developed into essential lifestyle plans & can be the foundation of support plans.

Purpose of a One Page Profile

- The purpose of a one-page profile is to provide a summary of person-centered information that people in the person's life can use to either get to know them quickly, or ensure that they are providing consistent support in the way that the person wants.
- The one-page profile provides information to use to base conversations about what is working and not working in the person's life.

The Goal

The goal is to capture, in an easy to read personalized format:

- What people like & admire about the person.
- What's important to the person.
- How to best support the person.

Creating a One Page Profile

- A one page profile typically has three sections: an appreciation about the person; what is important to that person from their perspective; and how to support them well.
- A one page profile can also be the beginning of a more detailed person-centered description.

Focus on the Positive

- What people like & admire about the person begins the profile with a positive focus on their gifts & skills.
- Appreciating what is likeable & admirable about the person counteracts the tendency to focus on a person's deficits.
- It presents the person in a way in which they wish to be seen.
- These gifts, skills & positive attributes are of key importance in all person centered approaches because it is these that will enable the person to make connections & overcome barriers to a full life in the community.



Learn to Listen



- Listen FOR what really matters to the person is a fundamental person centered thinking skill.
- Person Centered Thinking is a balance between what is ‘important to’ and ‘important for’ a person.

Information to develop:

- What is important to the individual?
- How do they need to be supported?
- How they will spend their individual budget & manage their support?
- How they will stay in control of their life?
- Action Plan.

One page profiles can develop into lifestyle plans as we learn more about people.



Information you will have:

- Who are the important people in their life.
- What support they want & need.
- How the person communicates.
- Where they go in the community.
- What is working & not working for the person.
- What their dreams are.

Planning Ahead

- We all have hopes & dreams for the future. Some we can work for on our own, many take support from others. Some will happen, some will not.
- Person-centered planning is one way of figuring out where someone is going (life goals) & what kinds of support they need to get there.
- It's about supporting the many different ways that people choose to live.

Have Questions - Need Help?

Call the Acquired Brain Injury Branch at
502-564-5198

